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Welcome from the Head of School

Welcome to what I hope will be a journey of discovery as you embark on your postgraduate career.

The School of Human Movement and Nutrition Sciences (HMNS) is internationally renowned as one of Australia’s leading education and research centres in the human movement and nutrition sciences. You are joining a vibrant and friendly community of highly awarded teaching staff and dedicated students.

The HMNS Student Guide, in addition to important information regarding your specific program and our School on our UQ and HMNS websites, are excellent reference sources for information regarding your program and university policy and procedures and I encourage you to peruse them both at your convenience.

Best of luck for your studies in 2015.

Regards

Andrew Cresswell

Our School

The School of Human Movement and Nutrition Sciences is internationally renowned as one of Australia’s leading education and research centres in human movement science, the nutrition sciences and dietetics. The School draws on the biophysical and sociocultural sciences to extend, apply and transmit knowledge and understanding in the multi-disciplinary fields of exercise and sport sciences, nutrition and dietetics, health, sport, physical education, sport coaching, sports medicine, and sport and exercise psychology.

Understanding human movement and nutrition requires the application and integration of the methods, theories, and knowledge of a vast range of disciplines. These disciplines include the biomedical sciences of anatomy, physiology and biochemistry, the physical sciences of physics, mathematics and chemistry, the social sciences of psychology, sociology and pedagogy and the humanities, such as history and philosophy.

The School provides leading edge education and research programs, as well as general and specialist services to elite athletes, the apparently healthy, elderly, children, those living with chronic disease and people with disabilities. The goal is to promote health and wellbeing, and optimal physical performance, of individuals and populations of all ages.

Our researchers collaborate within UQ’s globally-competitive research environment, as well as with top hospitals, private clinics, schools, government departments and other institutions nationally and internationally. We attract funding of close to $2.0 million per annum from organisations including the National Health and Medical Research Council (NHMRC), The Australian Research Council (ARC), Queensland Health, Department of Health and Ageing, Education Queensland, The National Heart Foundation and other similar organisations.

The School Human Movement and Nutrition Sciences is located within the Faculty of Health and Behavioural Sciences which offers the widest range of health study areas of any Australian University, featuring more than a dozen disciplines. The Faculty has a reputation for research discoveries with local and global impact.
Postgraduate Programs

The purpose of this booklet is to provide new and continuing students with general information about the programs and courses offered by the School of Human Movement and Nutrition Sciences and to acquaint students with the philosophy, organisation and internal policies of the School.

This Student Guide is intended as a guide only and as such does not constitute an official document of The University of Queensland. The information in this booklet should therefore be read in conjunction with The University of Queensland’s Policies & Rules and Courses & Programs Information. All students are encouraged, in the strongest possible terms, to acquaint themselves with the rules relevant to their particular program of study, available on the web.

Postgraduate Programs Summary

Coursework
At the postgraduate level the School offers Graduate Certificate, and Masters level programs through the Faculty of Health and Behavioural Sciences in the areas of Dietetics, Clinical Exercise Physiology, Sports Medicine, and Sports Coaching and Graduate Certificates in Sports Medicine and Sports Coaching.

We are also a partner in the coursework masters program, the Master of Applied Psychology (Sport and Exercise), the School is also actively involved in another postgraduate coursework program, co-coordinated through the School of Education.

For more details about Postgraduate Coursework Programs offered by the School of Human Movement and Nutrition Sciences please go to the Schools website http://www.hmn.uq.edu.au/

Research
Research masters (MPhil) and doctoral (PhD) degree studies are available within the School in all fields offered by the School. These research degrees are administered through the University's Graduate School. Research programs within the School cover a broad spectrum of areas in (i) movement science/exercise science, (ii) socio-cultural perspectives on sport and physical activity, (iii) the pedagogical aspects of health and physical activity and (iv) the health aspects of physical activity and movement (v) nutrition and dietetics.

Research degrees prepare graduates for full-time careers in research or for careers in formal academic positions in tertiary institutions. Supervision up to the PhD level is provided by the School of Human Movement and Nutrition Sciences in all of its discipline fields. Master of Arts (MA) studies and PhD studies in the socio-cultural areas of human movement sciences are also available for suitably qualified BA (Hons) graduates. Students interested in higher research degrees in one of the disciplines offered by the School should refer to The University of Queensland Program Information Handbook for more details and consult with the School's Coordinator of Postgraduate Studies (Research).

Students entering the Master of Philosophy (MPhil) degree require at least a Bachelor degree with Honours Class II or the equivalent. The MPhil thesis provides evidence of significant research as the culmination of 1–2 years full-time equivalent study and research training.

The Doctor of Philosophy (PhD) is a University-wide degree offered through all schools. For students to be considered as PhD candidates, they must have a Bachelor degree with Class I or IIA Honours (or equivalent) or an approved Masters degree involving a significant research component. The doctoral thesis provides evidence of a contribution to knowledge with a level of originality consistent with 3–4 years of full-time study and research training.
Master of Dietetics Studies

From the Program Convenor, (MDietSt)

UQ's Master of Dietetics Studies prepares students for eligibility as an accredited practicing dietitian (APD) with the Dietitians Association of Australia. There is a growing demand for qualified Dietitians in both Australia and overseas due to an increasing awareness of the importance that food and nutrition has in health and disease prevention. This program provides students with the practical skills and knowledge in how to apply the art and science of human nutrition in the prevention and treatment of medical conditions such as diabetes, obesity and infectious diseases. Students also develop the skills and knowledge to help people understand food and health relationships enabling them to make better food choices to get the most out of their lifestyles.

This program offers students an extensive practical component where students commence case-based learning in a healthcare facility early on in their studies. Students also benefit from external visits to hospitals and community nutrition units. This program offers a diverse range of courses that explore advanced topics and practices in dietetics and nutrition and is designed for students with a background in nutrition, public health nutrition, biochemistry, physiology and statistics.


Regards,

Olivia Wright

Olivia Wright

First Year Enrolment - MDietSt

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<td>DIET7101 Medical Nutrition Therapy 1</td>
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<td>DIET7102 Professional Practice in Medical Nutrition Therapy 1</td>
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<td>DIET7103 Interviewing &amp; Counselling for Dietetics Practice</td>
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<td>DIET7104 Applied Food Sciences for Dietetics</td>
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<td>DIET7202 Professional Practice in Medical Nutrition Therapy 2</td>
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<td>DIET7203 Food and Nutrition Service Management</td>
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<td>DIET7204 Professional Practice in Public Health &amp; Community Nutrition</td>
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Master of Dietetics Studies:
http://www.uq.edu.au/study/program.html?acad_prog=5473#australian
Master of Clinical Exercise Physiology

From the Program Convenor, (MCEP)

This program equips graduate entry students with theoretical knowledge, skills and professional attributes necessary for careers in exercise science. It provides students wishing to become exercise scientists with the specialist skills and knowledge in the prescription and management of exercise, with extensive practical and professional experience within the health and fitness industry. Students develop an understanding of the principles of scientific method, critical analysis and research design and apply them to professional practice. They will appreciate the role of exercise scientists in health promotion, injury prevention and effective treatment planning, implementation and evaluation.

The program has been accredited by the Exercise and Sports Science Australia (ESSA)

Professional Membership: Exercise and Sports Science Australia

Regards,

Sean Tweedy

The University of Queensland
Program Convenor, MCEP, Dr Sean Tweedy

First Year Enrolment – MCEP (mid-year intake)

Semester 2
EXMD7070  Advanced Adapted Physical Activity
EXMD7362  Prescription & Programming for Healthy Individuals
EXMD7382  Exercise Science Technical Skills
EXMD7742  Prescription & Programming for Cardiorespiratory Disease

Master of Clinical Exercise Physiology:
http://www.uq.edu.au/study/program.html?acad_prog=5518

Sports Medicine

From the Program Convenor, (SPMD)

The School of Human Movement and Nutrition Sciences offers General Practitioners a suite of exciting professional degrees in the rapidly expanding field of sports medicine. The Graduate Certificate and Master of Sports Medicine are aimed specifically at general practitioners wanting to develop their clinical knowledge and skills in the expanding field of sports medicine.

The program features:

- Comprehensive coverage of the theory and practice of sports medicine to optimise the management of injuries and medical conditions in the exercising individual.
- Embraces evidence-based practice and clinical research methods in sports medicine to optimise the health care of physically active individuals.
- Flexible, web-based delivery of key content knowledge.

• Interdisciplinary approaches to the prevention, treatment and management of sports injuries.

Sports Medicine is also known as Studies of Musculoskeletal in some countries.

Regards,

Craig Engstrom

Courses include:

• Principles of Sports Medicine
• Special Groups in sports medicine
• Upper Limb, Head, Neck and Trunk Sport Injuries
• Lower Limb and Lumbar Region Injuries in Sports Medicine
• Clinical Exercise Science for Sports Medicine
• Evidence Based Health Care
• Research Project in Sports Medicine
• Introduction to Epidemiology
• Introduction to Biostatistics
• Systematic Reviews of Evidence

Graduate Certificate in Sports Medicine:
http://www.uq.edu.au/study/program.html?acad_prog=5290

Master of Sports Medicine:
http://www.uq.edu.au/study/program.html?acad_prog=5420

Sports Coaching

From the Program Convenor, (SPCG)
Sports Coaching is a challenging and rewarding profession that seeks to enhance the quality of athlete engagement and in many cases athletic performance. The focus of the postgraduate programs in sports coaching is the development of advanced and applied sports coaching knowledge and practice. Graduates of the programs in sports coaching will have professional qualifications suitable for employment in sports institutes, professional ad national/state sporting organisations, and schools. The qualifications also have broad recognition globally.

There is high demand for innovative and well educated sports coaches in all sectors of sport. The online delivery of the Sports Coaching Program provides a flexible study opportunity to cater for the busy lives of practicing coaches.

The Postgraduate Programs in Sports Coaching are continually evolving in response to contemporary research, changes in the sport industry and in response to student feedback. Expert academics, researchers and elite coaches have combined to develop relevant courses that integrate theory, research and coaching practice.
The authentic experiential learning approach connects learning to current coaching practice and contexts with a focus on developing the coach-athlete performance relationship.

Regards,

Steven Rynne

The University of Queensland
Program Convenor, Sports Coaching, Dr Steven Rynne

Courses include:

- Performance Psychology for Coaches
- Quality Coaching: Understanding, Informing and Advancing Practice
- Quality Coaching: Action Research
- Sport Science (Anatomy, Biomechanics, Physiology)
- Developing the Elite Athlete
- Applied Sport Psychology for Coaches
- Movement and Performance Analysis
- Advanced Training Programs
- High Performance Program Management for Coaches
- Recovery and Nutrition for Elite Athletes
- Contemporary Issues in Coaching
- Directed Study
- Thesis

Graduate Certificate in Sports Coaching:
http://www.uq.edu.au/study/program.html?acad_prog=5444

Master of Sports Coaching (#24):
http://www.uq.edu.au/study/program.html?acad_prog=5446

Master of Sports Coaching (#16):
http://www.uq.edu.au/study/program.html?acad_prog=5447
Employment Opportunities for Graduates

Graduates in Dietetics can work as a:
- Hospital dietitian
- Community nutritionist
- Public health nutritionist
- Sports dietitian
- Food industry dietitian
- Researcher
- Private practitioner in dietetics
- Food service administration

Graduates in Exercise Physiology can work as a:
- Cardiac Rehabilitation Specialist
- Cardiac Technologist
- Fitness Leader
- Health Information Manager
- Musculoskeletal Rehabilitation Specialist

Graduates in Sports Medicine can work as a:
- Sports Medicine Practitioner
- Sports Scientist

Graduates in Sports Coaching can work in:
- Institutes of sport
- Professional sports associations
- Schools, and youth sports clubs, both in Australia and overseas
- Private practice
Course Outlines

The Electronic Course Profile (ECP) is the required method to identify information about course coordinators, course content, resources, learning activities and assessment. https://www.courses.uq.edu.au

Your degree – or Program – is made up of mandatory and elective courses (or subjects). The ECP is the detail about the actual courses you study and you must make yourself familiar with them. They contain the details of assessment and the rules around assessment items. UQ requires that the ECP is available one week prior to the start of the semester, but the School of Human Movement and Nutrition Sciences tries to provide them as early as possible to give you guidance on what you can expect from your courses.

Learn.UQ

Learn.UQ uses the learning management system Blackboard. Every postgraduate course offered at UQ has a Learn.UQ Blackboard site for its students.

Blackboard is an educational, teaching and learning framework providing electronic delivery of coursework material and providing the method of submitting your written work. Online information is provided to enable you to access course information and communication in an interactive environment.

Important Dates

Please note there are several key dates affecting students throughout the year. All of the important key dates can be found in the UQ Enrolment Guide 2015 and also at the following website: http://www.uq.edu.au/startingatuq/important-dates

Course Prerequisites & Requirements

Immunisation
Before commencing a course in which, in the opinion of the Executive Dean, the student may be at risk of contracting or passing on a blood-borne virus or other disease, the student must complete a schedule of immunization approved by the executive dean.

The requirements under sub-rule (1) may be waived only if (a) the student provides evidence of his or her status with respect to immunity against blood-borne viruses or other diseases prescribed in the schedule; or (b) approved by the Executive Dean.

Permission to Enrol
Enrolment in some courses will not be permitted until permission is gained from HMNS Administration. This will involve courses for which, in the opinion of the Executive Dean, the student is required to prove attainment of specific prerequisites which may include immunization, First Aid Certificate, Blue Card, GPA Requirement or particular course(s) being passed. For permission to enrol, please contact hmns@uq.edu.au

Blue Card
Master of Dietetics and Clinical Exercise Physiology students are required to have a valid Blue Card before the commencement of their program.

To receive a Blue Card a compulsory screening process is conducted based on your criminal history, to determine your suitability to work in child-related employment (Commission for Children and Young People Act 2000). All Blue Card information and forms are available from http://www.bluecard.qld.gov.au/applications/applications.html

Pre-filled School of Human Movement and Nutrition Sciences forms are also available from HMNS reception.
Placement Courses

Students on a placement course – also known as a work placement, internship, industry study, industry experience, clinical practice, clinical placement, practical work, practicum, fieldwork, teaching practice – should refer to the University policy, Placement Courses (link to: https://ppl.app.uq.edu.au/content/3.10.04-placement-courses) for information on course administration, assessment, dispute resolution, expectations and responsibilities.

Additional Enrolment Guidelines

Waiver of Pre-requisites
Written permission is required to waive normal prerequisites for HMNS courses, which must be obtained from both the Course Coordinator of the course concerned and the Head of School. If pre-requisite courses have been completed at another institution, students need to provide a copy of their academic record to the Senior Administrative Officer (Student and Academic Admin) and Head of School.

Part-time/Evening Students for On-campus Programs
While students are permitted to enrol in some of the School of Human Movement programs part-time, students should be aware that the majority of courses are scheduled in the day only. Part-time students should therefore undertake their degree studies recognising that a commitment to several semesters of day time studies will be necessary.

Maximum Semester Unit Loads
A standard full-time load is equal to #16 units (often expressed as #16) of study per year (this usually means 8 courses per year), or #8 units of study per semester (this usually means 4 courses per semester). Three-quarters of a standard full-time load per semester would therefore mean #6 units (this usually means 3 courses of #2 units each).

Across all faculties and programs students are able to enrol in a maximum of 8 units for each of first and second semesters and 6 units maximum in the summer semester.

Students will be permitted to enrol in more than #8 units in either Semester 1 or 2 and more than #6 units in Summer Semester if their GPA is greater than or equal to 4.5 in the most recent semester of full-time enrolment. If you want to enrol in more than #8 units in semester 1 or 2 and your GPA is less than 4.5 in the most recent semester of full-time enrolment, you will need the approval of the Executive Dean.

Adding or dropping courses
There are a number of factors to consider and procedures to follow when changing aspects of your enrolment. You are encouraged to consult the academic advisors in the school for advice regarding any enrolment changes.

School Equipment and Rooms

Student Learning Centre
Opened in 2012, the Student Learning Centre is a modern, purpose-designed premise which is for the exclusive use of students enrolled with the School of Human Movement and Nutrition Sciences. Students from a wide range of degree programs benefit from the facility.

The Centre is designed to improve student learning experiences and services and has the capacity to accommodate 100 students. It is located on the ground floor (level 1) of the Connell Building, provides teaching and learning space with a special focus on a technology-rich environment and flexible learning spaces that enhance experiential learning.
The centre includes:

- open space with semi-closed and private booths enabling students to use the spaces for independent personal study and formal or informal group collaboration
- five flat-screen TVs/video/DVDs for learning support and entertainment
- new bathrooms and change rooms
- Wi-Fi and internet connectivity
- laser printing
- food preparation amenities.

**Laboratories**

Laboratories are **not** open to general student use outside of scheduled class times and are **not** to be used as study areas. The laboratories are for teaching and research and their use must be authorised by the lecturer concerned and supervised by a member of the lecturing or tutorial staff.

Requests for use of laboratory space should be made **at least** 24 hours prior to the time required and bookings are normally handled by the HMNS Receptionist.

All laboratory areas must be left clean and tidy after use. Appropriate closed in footwear must be worn i.e. no bare-feet, thongs or sandals. The storage and/or consumption of food and drink in the laboratories are strictly forbidden. Used electrodes, blood sampling items, and any other pathological waste material must also be disposed of in the appropriate manner. Signs located in all laboratories provide instructions for the disposal of specific material.

Any faulty or damaged equipment must be immediately reported to the School Attendant or another member of the Technical Support staff.

**Gymnasia and School-Controlled Rooms**

The same basic rules that apply to laboratories also apply to these areas. Priority usage is for School classes and activities. The gymnasium are NOT for general use. Appropriate closed in footwear must be worn i.e. no bare-feet, thongs or sandals. Use is restricted to the teaching and research activities of the School and select outside groups with authorised bookings. People wishing to book School-controlled rooms need to contact the HMNS Reception.

**After Hours Use of Facilities**

Most laboratories will normally be locked afterhours. Occasionally, laboratories may be open outside normal working hours but access is restricted to authorised staff and students involved in formally scheduled laboratory and/or tutorial classes.

Students who need to use laboratories afterhours or on weekends, other than for scheduled classes, must have written authorisation to be on the premises, signed by their supervisor. Authorisation should be obtained by the student at least 24 hours prior to the time the laboratory is required. This is a University of Queensland OH & S guideline and a School of Human Movement and Nutrition Sciences requirement. The authorisation form, Working After Hours Form – Students is Appendix A, and also page 4 of the OH & S Guideline – Working after hours or in isolation (Students) and is available on the University of Queensland OH&S webpage http://www.uq.edu.au/ohs/ or through reception. A member of the technical staff will arrange for door and alarm access after appropriate written permission has been obtained.

**Scientific Equipment & Sporting Equipment**

**NO equipment will be lent to students for uses other than those directly related to class activities.**

The use of sporting equipment and specific scientific equipment is coordinated by the School Attendant and/or a member of the Technical Staff team. Students wishing to borrow equipment for projects or practicals should complete an Issue Record form (available from the School Attendant). Unless a previous arrangement has been negotiated, these forms should be submitted to the Technical Support Group at least 24 hours prior to the time the equipment is required.

When students borrow equipment, they may be required to surrender their Student Card as a deposit. This Card is then returned to its owner when the equipment is returned. Equipment must be returned in its original condition on or before the return date shown on the Issue Record form. Any faulty equipment should be reported immediately. Borrowers may be charged the replacement cost of any lost items.
Equipment ordered using an Issue Record form is to be collected from the School Attendant. When there is a requirement to have the equipment set up or located by the Technical Support Group, further written instructions (e.g. email) detailing this requirement must be submitted to the School Attendant. All requests for technical support from students must have the written approval of their course lecturer. The School Attendant may be contacted by emailing to SchoolAttendant@uq.edu.au.

Any requests for scientific equipment to be used off campus must be approved by the relevant lecturer and the Head of School.

**Photocopying**
The School copying machines are for the use of staff and postgraduate research students only. Card operated machines have been installed on the campus for postgraduate coursework student use, the nearest machines being at the Social Science and Humanities Library and the Student Union complex.

**Computing Equipment**
Independent use of the School's computing facilities is restricted to staff and suitably trained postgraduate students and is controlled by a password system. Postgraduate Coursework students may only use computing equipment other than that located in the Student Learning Centre on level 1 of the Connell building, with permission from a staff member. Please note that it is a strict requirement that any removable media brought into the School, MUST be checked with a virus scanner. All school (HMNS) computers have virus scanners installed for this purpose. No computing equipment may be connected to the School’s network without first being checked UQ IT staff. Please note that wireless network connection is available throughout the HMNS buildings as well as most of the UQ St Lucia campus.

**Support Services**
Students who may experience personal problems that are affecting their study can contact the School or Student Services [http://www.uq.edu.au/student-services/](http://www.uq.edu.au/student-services/)

**School Contacts**

School of Human Movement and Nutrition Sciences  
Level 5, Human Movement and Nutrition Sciences Building (26B), Blair Drive  
The University of Queensland  
St Lucia QLD 4072

Telephone: +61 7 3365 6240  
Facsimile: +61 7 3365 6877  
Email: hmns@uq.edu.au

For a list of our Academic and Professional staff; and Academic Title Holders please go to the HMNS website [http://www.hmns.uq.edu.au/our-staff/](http://www.hmns.uq.edu.au/our-staff/)